

Adolescent PREQUESTIONNAIRE

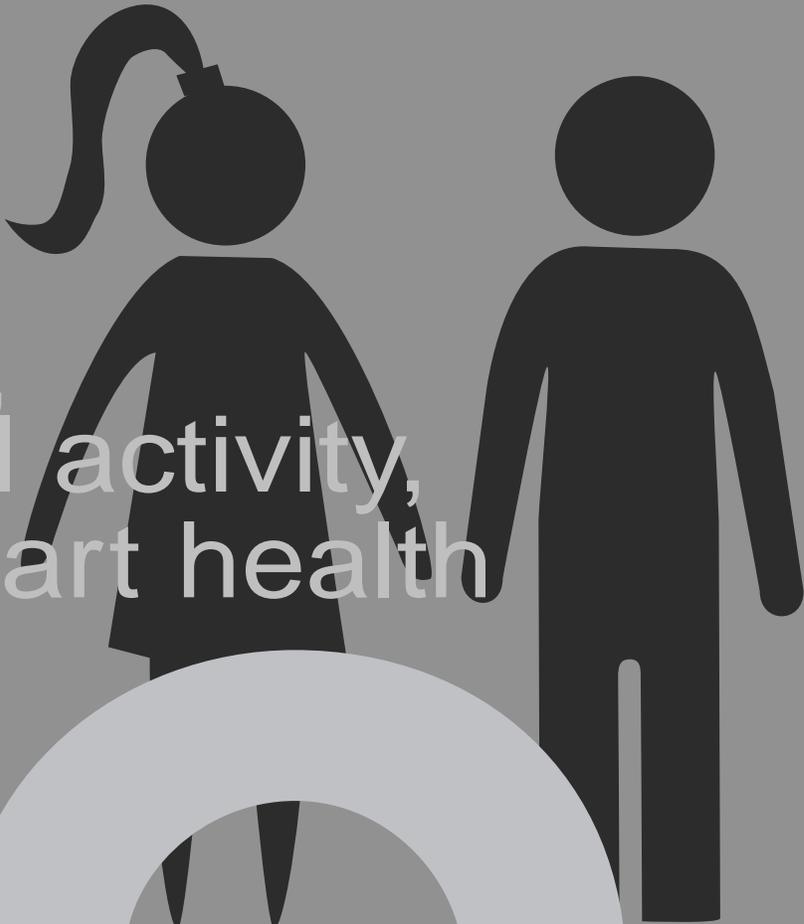
WHAT'S YOUR
food,
physical activity,
& heart health

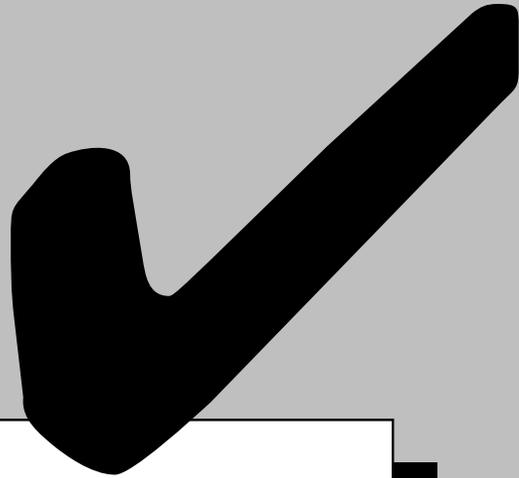


ID _____ DATE _____

Adolescent POSTQUESTIONNAIRE

WHAT'S YOUR
food,
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& heart health





Check the correct box!

1. Are you a...
 Boy or Girl ?

2. Your age is...
 a.12 or 13
 b.14 or 15
 c.16 or 17
 d.18 or over

Heart-healthy eating

Please answer each of the following questions by circling your answer. Mark only one answer for each question.

3. Joe ate cereal with milk and a banana and drank orange juice for breakfast. How many different food groups did Joe eat from?

1

2

3

4

Don't Know

4. What is a “balanced diet”?

- a. Eating lots of fruit and vegetables
- b. Eating the same foods every day
- c. Eating the exact same amount of food from each food group
- d. Eating different foods from all the food groups

5. If you want to eat more fruit, which of the following would you choose?

- a. Orange soda
- b. Grape jelly
- c. A banana
- d. Strawberry ice cream

6. From which food group should you eat the most servings a day?

- a. Bread, cereal, rice, and pasta
- b. Meat, poultry, fish, eggs, dry beans, and nuts
- c. Vegetable
- d. Fruit

7. Which food is better for your health?

For each question, circle which one of the two foods is better for your health.

- a. Doughnut Toast
- b. Orange Cookies
- c. Whole Wheat Bread White Bread
- d. Cold Cereal Eggs and Bacon
- e. Regular Milk Low-Fat or Fat-free Milk
- f. Green Salad French Fries
- g. Grapes Candy Bar
- h. French Fries Baked Potato



8. Please indicate whether you think the following statements are true or false by circling T or F after each one.

	True	False
a. Polyunsaturated fat has the same number of calories as saturated fat.	T	F
b. The single most important change most people can make to lose weight is to avoid sugar.	T	F
c. Being overweight puts you at risk for heart disease.	T	F
d. Lowering sodium or salt in the diet does not always lower high blood pressure to normal.	T	F
e. If you are overweight, losing weight helps lower your high blood cholesterol and high blood pressure.	T	F
f. The best way to lose weight is to eat fewer calories and be physically active.	T	F
g. Overweight children are very likely to become overweight adults.	T	F
h. Skipping meals is a good way to cut down on calories.	T	F
i. Foods high in complex carbohydrates (starch and fiber) are good choices when you are trying to lose weight.	T	F

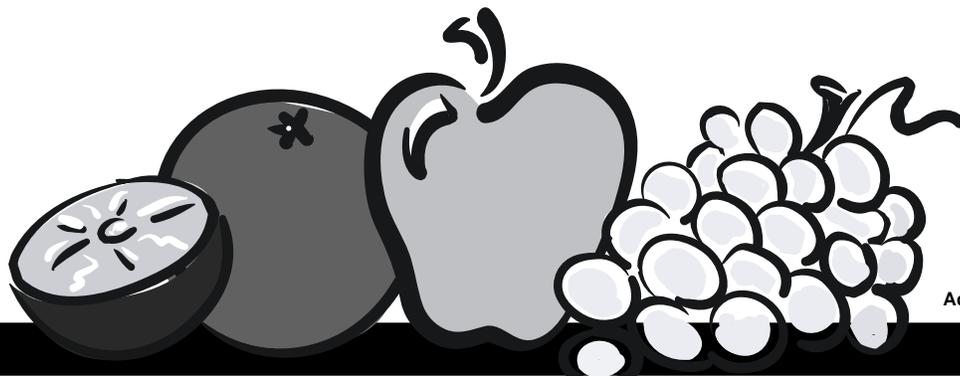


9. For this question, circle the answer that best describes your opinion of each of the following statements:

	Strongly Agree	Agree	Disagree	Strongly Disagree
a. I like the taste of new foods.	4	3	2	1
b. I like having fruits around for snacks.	4	3	2	1
c. I like the taste of foods that are good for me.	4	3	2	1
d. I like to choose snacks lower in fat.	4	3	2	1

10. If I eat healthy every day...

	Strongly Agree	Agree	Disagree	Strongly Disagree
a. My friends will like me.	4	3	2	1
b. My family will be proud of me.	4	3	2	1
c. My friends will want to eat over at my house.	4	3	2	1
d. My friends will start eating a healthy diet too.	4	3	2	1
e. I will enjoy eating as much as before.	4	3	2	1
f. I will have more energy than I do now.	4	3	2	1



11. For the following statements about food and eating, please indicate whether you are in agreement or disagreement by circling your response in the appropriate box.

	Strongly Agree	Agree	Disagree	Strongly Disagree
a. With my schedule, it's impossible to eat right.	1	2	3	4
b. There's too much stress in my life for me to handle managing my weight.	1	2	3	4
c. I just can't let food go to waste.	1	2	3	4
d. I eat more when I'm alone than when I eat around others.	1	2	3	4
e. When I've done something good, I reward myself with food.	1	2	3	4
f. I eat more on the weekends.	1	2	3	4
g. If I'm craving food, my body must need it.	1	2	3	4
h. Some people are meant to be fat.	1	2	3	4

12. What foods do you eat most of the time?

Circle which one of the two foods you eat most often.

- | | |
|-------------------|----------------------------------|
| a. Baked Potato | French Fries |
| b. Fruit Juice | Soda |
| c. Cookies | Apple |
| d. Hot Dog | Sandwich with Lettuce and Tomato |
| e. Chocolate Cake | Orange |
| f. Ice Cream | Fresh Fruit Popsicle |
| g. Sweet Roll | Whole Wheat Roll |
| h. Regular Milk | Low-fat or Fat-free Milk |



13. What would you do?

Answer each question by circling one of the two food choices.

a. If you were at the movies, which one would you pick?

Popcorn with salt and butter

Popcorn without salt and butter

b. If you were going to have lunch right now, which would you do?

Eat food without adding salt

Shake salt on your food

c. Which food would you put on your hamburger?

Ketchup

Tomato

d. Which would you pick to drink?

Regular Milk

Low-fat or Fat-free Milk

e. Which food would you eat for a snack?

Candy Bar

Fresh Fruit

f. Which food would you choose for dinner?

Baked potato

French Fries

g. Which would you order if you were going to eat at a fast food restaurant?

Hamburger

Salad



Physical Activity

1. In the past week, how many days were you active for at least 20 minutes in sports activities that made you sweat and breathe hard, such as basketball, jogging, swimming laps, tennis, fast bicycling, or similar aerobic activities?

Record the number of days per week (0–7) in the space below.

___ days

2. In the past week, how many days did you do exercises to strengthen or tone your muscles, such as pushups, situps, or weight lifting?

Record the number of days per week (0–7) in the space below.

___ days

3. Which one of the following activities do you do the most from the time school gets out until you eat dinner?

Be sure to check only one.

- | | |
|---|--|
| <input type="checkbox"/> Watch television | <input type="checkbox"/> Play a sport or exercise |
| <input type="checkbox"/> Play outside | <input type="checkbox"/> Do homework |
| <input type="checkbox"/> Talk on the phone to friends | <input type="checkbox"/> Play video or computer games |
| <input type="checkbox"/> Read, but not for school | <input type="checkbox"/> Baby-sit children |
| <input type="checkbox"/> Work at a job | <input type="checkbox"/> Practice a musical instrument |
| <input type="checkbox"/> Cook | <input type="checkbox"/> None of the above |

4. During the past 12 months, how many sports teams were you on (like a soccer or basketball team, but not including physical education or gym classes)?

___ teams

5. In general, do you think you get too much physical activity, not enough physical activity, or about the right amount of physical activity?

Too much About right Not enough

